



Senior Community Center

68 Elm St

Amesbury, Ma 01913

978 388 8138

Fax 978 388 8144

Mon-Fri.8-4pm

Available by appt. until 5p

www.amesburyma.gov

Director

Annmary I. Connor, LICSW

x540

connora@amesburyma.gov

Assist. Director/ACE

Outreach

Doreen Brothers, MA, LSW

x546

brothersd@amesburyma.gov

Outreach/Activities Operation

Manager

Vanessa Kahrman, MA, LSW

x544

N.E.E.T

Mary Jo Sullivan x 556

Volunteer Coordinator

Jeanne Marie x 543

Activities

Aide -Brandi Thompson

Aid-Cheryl Merrill

ACE/Greenleaf

Coordinator: Katrina Rioux

Assistant-Russell Darling

Nutrition Program: MOW

978 388 8138 ext 549

Jennifer, Site Manager

COA Board MTG 8/13 4:30p

FCOA Board MTG 8/20 3:00p

Mayor Ken Gray



Carriage Town Senior Newsletter

August 2015

~Monthly Special Events~

- 8/4 & 9/1 Tues, 11am: Brown Bag pick up
- 8/4 4pm Summer Fun Dinner, Hot Dogs & fixings, FCOA members \$1, non members \$2. RSVP by 8/3 noon time.
- 8/4 6p-8p National Night Out, sponsored by the Amesbury Police department . Event is at the high school parking lot.
- 8/5 9am Coffee with the Chiefs: Come and meet the Chiefs, Thank you Cider hill donuts for the treats! RSVP
- 8/10 Mon 11:20am Sponsored lunch: thank you Merrimack Valley Health Center. Come and meet the great staff! RSVP. Join us in welcoming Allison's new baby Giana!
- 8/12 9am, Simply Foot Care. Catherine Languedoc, RN , Cost \$30 pp, Apt start at 9am
- 8/17 Ladies Guild—Holy Family Bingo 6pm All are welcome to attend.
- 8/18 Tues, 11:20am Sponsored lunch Thank you *Maplewood Center*. RSVP
- 8/20 Thurs, 11:20am Lunch. Noon Birthday Party Thank you Merrimack Valley Health Ctr for \$20 gift raffle. & Stop n Shop, FCOA. Music: FCOA invites you to lunch. Please rsvp by 8/17 for lunch -if it is your birthday month and the FCOA will treat you to lunch.
- 8/26 Wed, 11:20am & Sponsored Lunch - Thank you *Country Rehab. Center*, Meet the great staff. Enjoy time together! RSVP
- 8/27 Thur, 8:30am legal clinic: Sign up for a FREE 15 minute consultation session with Margo Birke ESQ.
- 8/27 1pm: ACE speaker: Speaker: Ideal Health Care Solutions, "Proper Sleep Patterns and It's Benefits." This topic will help caregivers learn techniques and skills to obtain better sleep for themselves and their loved ones.
- 8/31 Lobster /Chicken Dinner: Grilled chicken or boiled lobster, with fixing. RSVP by 8/27 10am. FCOA members \$15/6, non members \$16/7. lobsters are fresh from David's fish market.
- 9/1 2pm, new Poetry and creative writing session, RSVP
- Lunch is served daily from 11:20-11:50, kindly rsvp two days in advance by 10am.



Mayor Ken Gray

I hope you all are enjoying your summer so far. Have you seen the new spray park at Town Park? It's a big hit among the kids! If you haven't taken your grandchildren yet, I encourage you to do so. Bring a towel and some sunscreen for a great day.

Also, take a stroll in the Upper Millyard after dusk and you'll see the Powwow River's falls in a new light! The falls are now illuminated every night thanks to a creative lighting design by Amesbury's own Peter Cook of Stone Ridge Landscape & Design. It's really quite a sight.

August is another hot month for us and I want to remind you all to stay cool. Take a stroll at night downtown or visit Lake Gardner. On Thursday nights outside of *Nest*, there will be live music through the end of the month. The Amesbury Chamber of Commerce is hosting "Movie in the Millyard" nights all throughout August on Thursdays too with movies like *E.T.* and *Little Rascals*. There are plenty of ways to keep busy in Amesbury.

I go to as many events as I can so please say hello if you see me and Donna out and about. Enjoy the rest of the summer! ~ Ken



Annmary I. Connor, LICSW Council On Aging Director Happy Summer!

We have had such lovely weather lately. We hope you are staying cool and enjoying the sunshine. Some people think we slow down here in the summer, that is not the case what so ever. We continue to be going full steam ahead. We are forever starting new programs. We hope you have been checking them out, as well as bring a friend.

We have been working on enhancing services and meeting the growing need of our older adult population as well as caregivers who caring for their loved ones, parents, grandparents, friends, neighbors. With this ever changing need we are able to combine the increase in our city budget with a state grant to bring Vanessa Karhmann, MA, LSW on full time. We are pleased she accepted the position of Outreach/ Activities Operation Manager. Vanessa will continue to oversee the caregiver program ,will be coordinating activities along with streamlining media and communications.



Council On Aging Mission Statement

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Council on Aging Board

Gayle Yarnell- Chairperson
D. Kliggi Thomas- Vice Chair, Cynthia Costello- Secretary, Lee Ford –Treasure, Paul C. Rogers, Marcia Gilmore, Frankie Lalemand, Sue Ballard, Carol Casey, Teresa Axten, Andy Gilmore

Friends of the Council on Aging

We welcome members to join us at our meetings.

FCOA Officers

Betty Dion, President
John Jennell, Vice President
Jackie Storti, Secretary
Beverly Drew, Treasurer
Lois Pierce, Membership Secretary

Please Join the Friends!

Please note that annual membership run from July 1st-June 30th.

Memberships have price is \$6. What do you get for this! You support an amazing volunteer lead organization 2. you get discounts on ticketed item's \$1 off. See newsletter. Must show your fcoa card for discount price.



Officer Thomas Hanshaw

Senior Crime Prevention Tips

I happened to catch up with a friend the other day, who asked I look over some interesting letters. He explained how his mother had received them over the past few weeks in the mail and they certainly captured my attention. One by one, each proclaimed she had won huge sums of money; enough in fact to become a multi-millionaire. Accompanying some of these letters were checks, which seemed perfectly authentic too. Unfortunately, all were fraudulent and just invitations to financial disaster. Although we may be tempted to take a drive down easy street and correspond with one of these opportunities, remember "if it's too good to be true, it usually is."

The people behind these scams are financial terrorists and looking to take your hard earned dollars. They ask you to deposit their check into your account and then return a much smaller amount to take care of taxes, fees, handling charges and other expenses. A promise you'll receive your complete winnings is as fake as they check they've sent. In the end, you'll be notified by your bank of the scam but your money will be long gone. If you do not have sufficient funds in your account, you'll be required to pay your bank back because you are responsible for deposited funds.

My friend asked what could be done to stop these criminals who are preying upon our community; he asked "why not set up a sting to apprehend them?" Unfortunately this isn't something that can be handled on a local level, especially since many of the perpetrators are living in foreign lands. I explained the best way to stop these crimes was to utilize crime prevention and education efforts. In fact, over the past two decades, more and more people are just saying no when faced with such offers. Don't fall for these deceptive claims, hang up on the telephone calls, shred the letters and delete the emails; it's your best way to prevent a crime.

Newsletters are distributed throughout the community for your convenience to pick up for free. Newsletters can be picked up at the senior center, Vermettes grocery store, Town hall, Amesbury Health Center, Stop & shop, Rite aid CVS, Amesbury Public Library. Newsletters are distributed each month at the three senior housing complexes. Newsletters can also be emailed.

FRIENDS OF THE COUNCIL ON AGING (FCOA)

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center— be a member!- No age restriction!**

NAME: _____ **TELEPHONE:** _____

ADDRESS: _____

Fill in amount included: FRIENDS \$6 _____

NEWSLETTER \$8 _____

Total Enclosed \$ _____

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

Great Things Happening...Join us!

BUSY NEEDLES:

Tues 9:30am. Wanted - Individuals who love to crochet, needle work or knit. Must like to laugh, have fun and limited knitting skills required. Welcome if you needle point, stitch, crochet or other hand craft. It's a fun bunch!

CARDS:

Please tell us at the Senior Community Center when you, a family member or friend are sick or not feeling well so we can send a *thinking of you* card. Also let us know if someone has passed away so we can send the family a sympathy card, simpl call the receptionist desk to have their name added.

BRIDGE:

Thurs 1pm. An enthusiastic group - looking for new players. They will teach you how to play!

IRIS FOLDING:

Thurs 9:30am . Make your own greeting cards by trying your creative hand at Iris Folding. \$3 fee per class. This is a detailed, independent activity with supervision. Contact Jeanne, the instructor.

MEDITATION:

Wed 10am Buddhist philosophy and practice, some yoga style warm up exercises, a few minutes of Qigong exercises, a breathing exercise, some chanting and Pure Land meditation. Exercises are very gentle and designed to relax the body. Sitting on chairs, lying down, or kneeling are all fine. Wear comfortable clothes. The Teacher: John Lalumiere has been teaching for several years and practicing meditation since the 80's when he met his first teacher.

TAI CHI:

Fri 9:30am, \$4 per class. Come and learn the way to inner peace through Tai Chi with Petra Horgan. -except the first Friday of the month



Friends of Council on Aging (FCOA)

Amesbury Council on Aging Senior Community Center



Health Fair – October 2nd 2015

What is it?

The Health Fair is a great time for seniors to learn about the agencies and services that are available to them. This is a perfect time to display what your agency is about, what it offers, and who is eligible. Freebies and food for all!

Health Walk – October 3rd 2015

What is it?

The Health Walk is a way to stay fit and help the FCOA raise money to assist the Amesbury Council on Aging. Funds raised go towards COA programs and events that assist the senior community of Amesbury and the surrounding areas.

3 Ways to Sponsor

The Sponsorship levels:

-Platinum-\$500.00+ Special P.A. announcements, table both days – Listed as top overall sponsor; will have opportunity to speak both days, be highlighted on our website w/your logo and link to your website, in COA newsletter w/your logo and 4 complimentary walk entries

-Gold- \$300.00 Special P.A. announcements, table both days – listed as sponsor on website w/link, in COA newsletter 2 complimentary walk entries

-Silver- \$150.00 Table at Health Fair only, listed as sponsor on website, 1 complimentary walk entry

-Bronze- \$75.00 Table at Health Walk only, 1 complimentary walk entry

SENIOR FARMER'S MARKET COUPON DISTRIBUTION

Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging.

The Senior Farmer's Market Nutrition Program offers a limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines, to buy produce at their nearby Farmer's Market Newburyport. The coupons are available through Elder Services of the Merrimack Valley's Nutrition Program and distributed by Senior Centers ALL YOU NEED TO BRING WITH YOU IS PROOF OF WHERE YOU LIVE. This can be a phone bill, electric bill, etc., that shows your name and address. YOU ALSO WILL NEED TO SIGN A STATEMENT THAT SAYS YOU ARE 60 YEARS OF AGE OR OLDER, LIVE IN THE MERRIMACK VALLEY, AND THAT YOUR INCOME IS NOT HIGHER THAN ONE OF THESE LEVELS:

WEDNESDAY, AUGUST 5, 2015, 9am

Newburyport COA

1 Person Household: \$21,774.50/year or \$1,814.54/month

2 Person Household: \$29,470.50/year or \$2,455.88/month

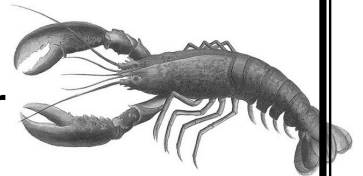
Sunday August 2nd

Come celebrate with Janice Martel and see and hear one of the most amazing organs in the world at the Methuen Memorial Music Hall. Sunday August 2 at Noon time the bus will leave Amesbury. This event will cost only \$5 which includes luxury motor coach to and from Methuen, the concert and refreshments. Tickets on sale at the Amesbury COA.

All proceeds are being evenly distributed between People's United Church of Newburyport and Salisbury C.O.A. For more information please call Paula at 978 499-4466.



Lobster or Grilled Chicken Dinner
FCOA annual boiled lobster dinner



Monday August 31st, 4pm

1 lobster , plus, sides, drink and dessert

FCOA members \$15, Non FCOA members \$16

Chicken Dinner, plus sides, drink and dessert

FCOA members \$6, non FCOA members \$7

RSVP + payment by Thursday August 27th 10am.

Prime Time Poets!

The Amesbury COA is hosting prime time poets the third Tuesday of every month. This event is FREE and we welcome everyone. The event starts at 6pm.

August 18th: Muriel Angelil

September 15th: Susan LaFortune

October 20th: Rickey Holt



Channel 12

Tuesdays 4:00pm Wednesdays 9:30am

Thursday 7:30pm Saturday 9:00am

Meet Annmary Connor, COA Director and the guest of the month.



TRACK program

Book Club line up for the year. Meet the second Tuesday of the month at 10am.

Sept Horse Boy...

Oct The Forgotten Garden



July birthday party! Our Birthday Friends!

Coming new in September.. Creative writing and poetry classes.. 1st and 3rd Tuesdays at 2pm...

Senior /older Adults Discounts!

Kohls – 15% off Wed's. 62+

Goodwill – 10% off 55+

Salvation Army Thrift Store 15-50% 55 +

Farmers Table

Drop off your abundance of fresh veggies, herbs, fruit... for those who enter the senior Community Center to enjoy. The table is in the lobby for anyone to use. We hope that you brings us extra and those of you who are here take that which you will use.

Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming , activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ _____

_____ in memory of

_____ in honor of

Send letter to: _____

Donated by: _____

Thank you


Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Wii 12:00 Movie— Blind Side 12:00 Sewing 1:00 Chair Exercise	4 11am Brown Bag 9:30 Busy Needles 12:15 Bingo 4:00 Hot Dog cookout	5 <u>9:00 Coffee with Chiefs</u> 10:00 Watercolor 10:00 Meditation Group 1:00 Exercise 6:15 Yoga	6 8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 1p Line 1p bridge 3:15 Yoga (town hall) 5:45 Boot Camp (COA)	7 9:00 Men's Group 9:30 Tai Chi 12:00 Game Time 1:30 Shopping
10 5:30 ACE dinner 9:00 Wii <u>Merrimack Health Center</u> 12:00 Movie— Driving Miss Daisy 12:00Sewing 1:00 Chair Exercise 4:30 Ace support group	11 9:30 Busy Needles 10:00 Health Nurse 10:00PageTurners 11:00 Hearing Clinic 12:15 Bingo	12 9:00 Foot Care Nurse 10:00 SHINE 10:00 Watercolor 10:00 Meditation Group 1:00 Exercise 6:15 Yoga	13 4:30 COA Board 8:30Yoga Thx Maplewood 9:30 Iris Folding 10:00 Zumba 1:00 Bridge / Line Dancing 3:15 Yoga (town hall) 5:45 Boot Camp (coa)	14 9:00 Men's Peer social group 9:30 Tai Chi 12:00 Game Time 1:30 Shopping
17 6:00 ladies guild Bingo 9:00 Wii 11:20 Sponsored Lunch 12 Movie-rain man 1:00 Chair Exercise	18 9:30 Busy Needles 10:00 Health Nurse 11:20 Sponsored by Maple-wood 12:15 Bingo 6:00 Prime time poets	19 10:00 SHINE 10:00 Watercolor 10:00 Meditation Group 1:00 Exercise 6:15 Yoga	20 8:10 Annmary on WNB 8:30 YOGA, THX Maplewood 9:30 Iris / 10:00 Zumba 12:00 Birthday party 1:00 Bridge/ line dancing 3p FCOA Board 3:15 yoga -coa 5:45 Boot Camp -coa	21 9:00 Men's Group 9:30 Tai Chi 12:00 Game Time 1:30 Shopping
24 9:00 Wii 12:00 Movie— Out of Africa 12:00 Sewing 1:00 Chair Exercise	25 9:30 Busy Needles 10 Health Nurse 12:15 Bingo	26 10:00 SHINE 10:00 Watercolor 10:00 Meditation Group 11:20 <u>Sponsored Country Center</u> 1:00 Exercise 6:15 Yoga	27 <u>8:30 Legal Clinic</u> 9:30 Iris / 10:00 Zumba 8:30Yoga Thx Maplewood 1:00 Bridge/ line dancing 1:00 ACE speaker/2pm Support group 3:15 yoga-coa 5:45 Boot camp-coa	28 9:00 Men's Peer Social Group 9:30 Tai Chi 12:00 Game time 1:30 Shopping
31 9:00 Wii 12:00 Sewing 12:00 Movie— Chariots of Fire 1:00 Chair Exercise 4:00 Boiled Lobster	1 <u>11am brown bag</u> 9:30 Busy Needles 12:15 Bingo 2:00 Poetry/creative wrting	2 10:00 Watercolor 10:00 Meditation Group 1:00 Exercise 6:15 Yoga		Lunch is served daily at 11:20am until 11:50am. You must RSVP! By 11am two days in advance.

August 2015



LINDLEY FOOD SERVICE

**Elder Services of the Merrimack Valley
AUGUST 2015**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Rice and Raisin Pudding	4 Tuna Pasta Salad Cucumber and Cucumber Salad Spinach Salad with Mandarin Oranges Soft Sandwich Roll Seasonal Fresh Fruit	5 Penne Pasta with Meatballs in Tomato Sauce Buttered Peas Carrots Oatmeal Bread Chocolate Chip Cookie	6 Beef Burgundy Stewed Tomatoes with Zucchini Sliced Red Bliss Mashed Potatoes Whole Wheat Bread Mandarin Oranges	7 Baked Pollock Fish with Lemon Sauce Roasted Seasoned Potatoes Corn Niblets Dinner Roll Mixed Fruit
10 Pork Diane Broccoli Cuts Mashed Turnips and Carrots Oatmeal Bread Sliced Peaches	11 Meat Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit	12 Beef Chili con Chili Sliced Carrots Honey Wheat Roll Oatmeal Cookie	13 AUGUST SPECIAL Broccoli Stuffed Chicken Breast Mashed Potatoes Peas and Onions WW Dinner Roll Blueberry / Strawberry Mousse	14 Tomato Onion Frittata Potatoes O'Brien Red Cabbage with Corn Wheat Bread Seasonal Fresh Fruit
17 Cheese Ravioli with Marinara Sauce Garlic Green Beans Sliced Carrots Oatmeal Bread Raisin Bran Bar	18 Egg Salad on Shredded Lettuce Whole Wheat Pita Half English Pea Salad Seasonal Fresh Fruit	19 Brunswick Stew Deluxe Bean Medley Biscuit Chocolate Cookie	20 HAPPY BIRTHDAY Baked Breaded Chicken Red Bliss Mashed Potatoes Stewed Tomatoes with Zucchini Natural Grain Bread Birthday Cake 	21 Eggplant Parmesan Succotash Garlic Green Beans Italian Bread Brownie
24 Shepherd's Pie Peas and Carrots Whole Wheat Bread Sliced Pears	25 Sweet and Sour Chicken Breast With Pineapple Scalloped Potatoes Broccoli and Cauliflower Dinner Roll Seasonal Fresh Fruit	26 Low Sodium Hot Dog Vegetarian Baked Beans Chef Blend Vegetables Whole Wheat Hot Dog Roll Watermelon	27 Turkey Salad over Shredded Lettuce Kidney Bean and Chickpea Salad Coleslaw Garlic Whole Wheat Dinner Roll Oatmeal Cookie	28 Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples Rye Bread Ginger Cookie
31 Beef Burgundy Red Bliss Mashed Potatoes Mixed Vegetables Seasonal Fruit Flax Seed Bread				



Amesbury Caregiver Essentials (ACE) is **FREE** to all Amesbury residents. It provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support. Support groups are **FREE** to anyone regardless of township.

August 10th -

Evening Events at Amesbury Senior Center

4:30 ~ Support Group with respite*

5:30 ~ Dinner Served: Sponsored by Senior Whole Health

August 27th - Daytime Events at Amesbury Senior Center

1PM ~ Amesbury - Speaker: Ideal Health Care Solutions, "Proper Sleep Patterns and It's Benefits." This topic will help caregivers learn techniques and skills to obtain better sleep for themselves and their loved ones.

2PM ~ Daytime Caregiver Support Group *
MUST SIGN UP IN ADVANCE!

REMINDER: Amesbury support group offers respite care. You will be able to attend the support group while feeling confident that your loved one is safe participating in the Greenleaf Supportive Day Program here at our Senior Center. Please allow us a two day notice for Greenleaf.



The COA is collecting box tops for Amesbury Elementary School (AES). Please clip these the coupons and bring them into the lobby of the senior center. We will collect them and bring them to AES to help support activities for our children!



Supportive Day Program RESPITE FOR CAREGIVERS!

Amesbury has an Adult Social Day program called Greenleaf Supportive Day. Mon-Fri 9m-3pm. Private pay cost is \$37/day – Payment options are available if you are a client of Elder Services of the Merrimack Valley. Please call Vanessa Kahrman or Doreen Brothers at **978-388-8138 FOR MORE INFORMATION**



Summer Fun Dinner

August 4th

RSVP by August 3rd

4:00pm

FCOA Members \$1

Non members \$2

Hot Dogs on the grill & fixings..

Elder Services Becomes the Administrator of the Merrimack Valley Nutrition Program

Elder Services of the Merrimack Valley is excited to announce that as of Wednesday, July 1st they will be the administrator of the Nutrition Program. With the change comes a new food provider, Lindley Food Service, which has been selected as the caterer. As the new administrator Elder Services aims to keep the program as whole as possible, welcoming current staff members and volunteers to join the program. Along with long standing employees and volunteers, a new Nutrition Director, Derek Anderson, has been hired to oversee the program.

Our focus is to provide great meals to elders through Lindley, supporting the staff to deliver excellent customer service and assisting our consumers with their needs! If you have any questions or concerns please, call us at 1-800-892-0890 and ask for the Nutrition Program Staff.

Trips sponsored by the Friends of the COA are open to all age groups. Please contact the Amesbury COA 978-388-8138 for further information and to sign up for trips. **Once the trip/tour has been finalized the tickets are non-refundable.**

August 5 – “La Cage Aux Folles” at Arundel Barn Playhouse – Arundel, Me: includes lunch at Clay Hill Farm, Ogunquit; choice of Broiled Haddock or Chicken Piccata. \$95pp payable to Royal Tours.

August 6 – Eagle Island, ME – Visit the retirement home of Polar explorer Adm. Robert Peary. Tour the house, museum and gardens; explore island trails; includes transportation, lunch at Cooks Lobster House on Bailey Island (choose Lobster Roll/Broiled Haddock/Steak Sandwich or Chicken Tenders); cruise to Eagle Island. \$99 payable to Tye's Tours.

August 12 – Double Lobster Bake Kennebunkport, ME – Tour of scenic Kennebunkport, followed by a Double Lobster Bake at York River Landing. \$84pp payable to Royal Tours

August 23 – Boston City Tour & Swan Boat Ride – Includes visits to USS Constitution, Old North Church and Paul Revere's House, North End, Quincy Market (lunch on own) State House, Trinity Church and Boston Common for a ride on the Swan Boats; space is limited, sign up early! \$99pp payable to Tye's Tours.

September 2-8 – Nova Scotia & Prince Edward Island – 7 Days, 10 Meals. Highlights include Lunenburg, Peggy's Cove, Halifax and Prince Edward Island; New Brunswick; Duty Free Shopping. \$1637pp/dbl; \$2217 single; \$1567 triple. **\$250 deposit due on sign up Payable to Tours of Distinction.**

September 13 – Fresians of Majesty, Townshend, VT – Includes tour and equestrian performance at Labrie's Fresian Horse farm, recently featured on Chronicle; lunch at New England House Restaurant, Brattleboro, VT (Herb Crusted White Fish, Peach Glazed Chicken Breast or Maple Barbecue Pork Loin); \$92pp payable to Groups, Inc.

September 22 – The Beach Boys Tribute Show @ Venus de Milo, Swansea, MA – Featuring the group “Still Surfin” performing the Beach Boys' greatest hits. Includes lunch choice of Baked Chicken or Baked Schrod). \$85pp payable to Best of Times.

October 6 – Squam Lake Science Center & Cruise – Visit Science Center for a presentation on NH Wildlife followed by Fall foliage cruise of Squam Lake by pontoon boat. Boxed lunch included. \$99pp payable to Tye's Tours.

October 12 – 15 – Penn Dutch Country – Includes tour of Amish Lancaster; performance of “Joseph” at the Millennium Theater; tour of Historic Philadelphia; Casino Gaming/Meal Pkg.; 2 nights Lancaster/1 night Atlantic City; 3 Breakfasts/2 Dinners. \$399pp/dbl; \$505 single payable to Diamond Tours. **\$75 deposit due on sign up.**

October 21 – Italian Festival @ Danversport Yacht Club – Featuring Frank Zarba and Ray Cavicchio singing the music of Italy. Self Drive, \$59pp payable to Best of Times.

October 22-30 - Canyon Country - Highlights include: Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon National Park, Zion National Park, Las Vegas. 9 Days (12 Meals;) \$2879pp/dbl; \$3529 single; \$2849 triple. **\$250pp deposit due on sign up payable to Collette.**

November 12 – Tribute to Barbra & Frank @ Venus de Milo, Swansea, MA – The Concert that Never Was; includes transportation, Lunch and Show. \$89pp payable to Best of Times.

December 1 – “A Christmas Carol” @ The Norwood Theater – Join us for a special performance of this timeless classic. Includes lunch and transportation. \$89pp payable to Best of Times.

December 6-7 –Foxwoods/NYC Rockettes – Includes *Mohegan Sun* and overnight at *Foxwoods*. Orchestra Seats for Radio City Christmas Spectacular; Shopping Time in NYC. \$329pp/dbl, \$399 sgl payable to Tye's Tours.



Summer time fitness
With Darlene

Wednesday : July 8 (no class July 15 and 22) – August 26 \$3 per class

Gentle/Moderate Yoga w/core strengthening w/Darlene - 6:15-7:15 pm

All levels. Modifications shown. Includes core strengthening. postures. Please bring a mat, towel, and water.

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**Thursday: July 9 – August 27 \$3 per class**

**Yoga for those 50+ w/Darlene – 3:15-4:15 pm.** A gentle class to encourage flexibility, strength, balance and relaxation. Modifications shown. Please bring a mat, towel, and water. This class will be held at town hall August 6 & 13 then back to the COA on the 20th

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Thursday: July 9 – August 27 \$3 per class, 5:45-6:45p

Boot Camp for those 50+ -w/Darlene - A combination of strength, cardio, flexibility, and core work. Modifications shown.

Ladies Guild-Holy Family parish
Bingo

August 17th 6-8p

Open to all



Senior

Lift

Airing on Channel 12

Sunday 8:00am Mondays 3:30pm

Wednesday 10:00am

Saturday 8:00am

Watch and join Doreen Brothers Assistant Director and Certified Personal Trainer with 2 local guests This exercise show airs 4 times a week. Watch and participate for better strength, flexibility and balance.

SENIOR LIFT DVD's AVAILABLE \$10 EACH!

Senior Lift is in its 4th year! We'd like to thank our many guests for having the courage to get in front of the camera. Thank you to our wonderful production crew also!

The Greenleaf Supportive Day Program is pleased to announce the T.R.A.C.K. Program! Total Random Acts of Community Kindness. The T.R.A.C.K. Program offers Greenleaf members the opportunity to reach out to their community by sending greeting cards to nursing homes & home-bound seniors, making knitted hats for babies to donate to local hospitals, and assembling bags of personal care items for those in need. Please help us stay on TRACK with your financial support or donated items. For more information, or if you would like to add someone on the greeting card list, please contact Russell, Activities Assistant 978-388-8138.





New at the
Amesbury Council on Aging



Multi Level Sewing:

Monday's from 12:00-1:30pm Fee \$4

First Class July 13th! RSVP 978-388-8138

An open sewing class for **EVERYONE!**



A "single day" project will be offered each week. You are welcome to bring in your own machine, otherwise everything will be provided as long as you don't mind sharing with a neighbor.

Taught by an award winning plush designer - Susan Sofia-McIntire, I can show you how to create a toy for that special grandchild!

Accomplishments

A graduate of Massachusetts College of Art and having trained at Hasbro/Playskool Baby, Inc. Susan Sofia-McIntire specializes in infant plush toys and also excels in Juvenile furniture & accessories. She has developed several **patents** both **design and utility** and her toy work has been featured on **magazine covers**, **Top 100 Best in Parents Magazine 2004**, and a **Platinum Oppenheim Award** recipient.

<http://www.susansofiadevelopment.com>





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